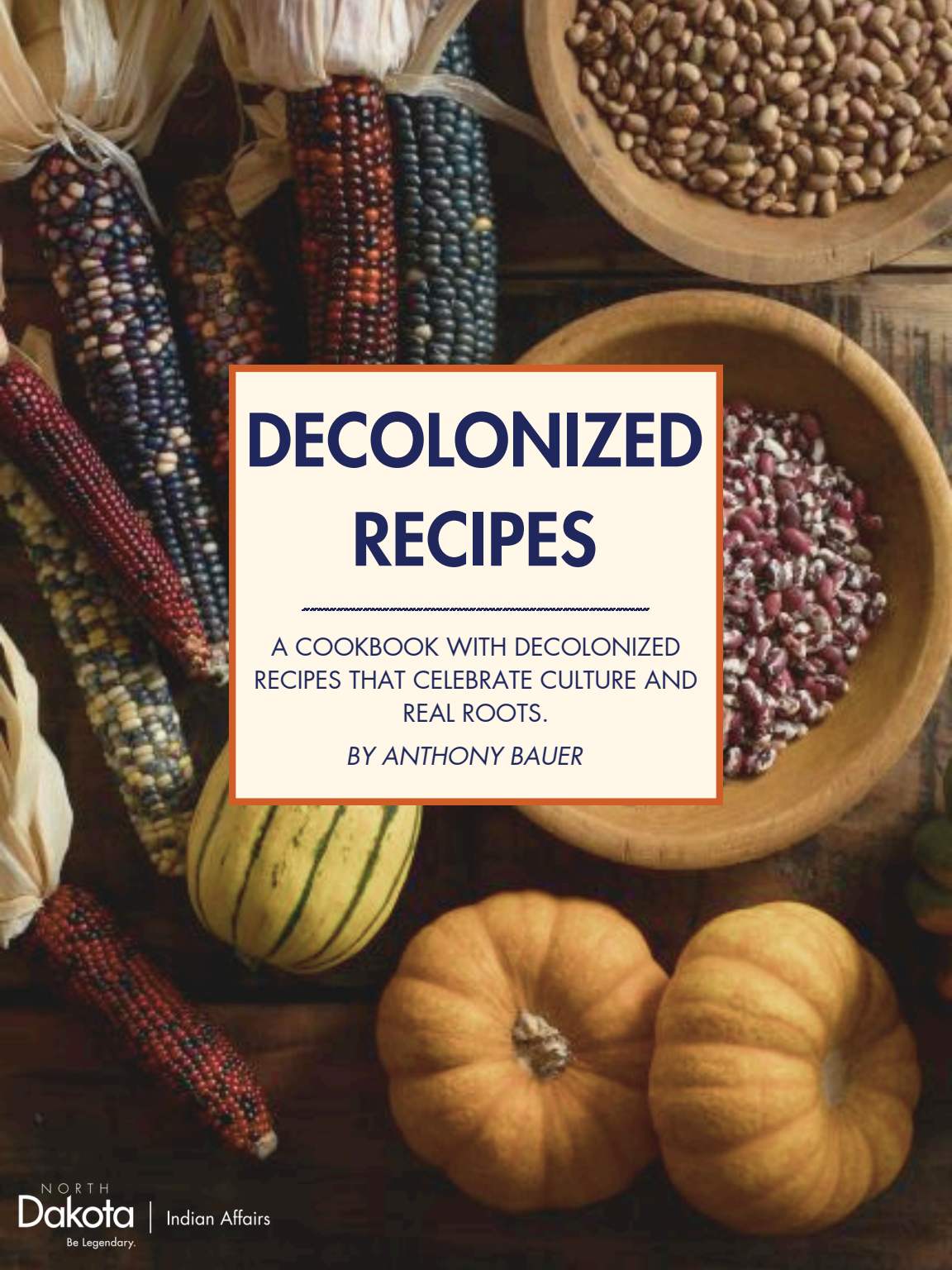


# DECOLONIZED RECIPES

A COOKBOOK WITH DECOLONIZED RECIPES THAT CELEBRATE CULTURE AND REAL ROOTS.

*BY ANTHONY BAUER*

NORTH Dakota | Indian Affairs
Be Legendary.

# Chokecherry Pemmican Bites (Plains Tribes)

(Traditional high-energy food)

Ingredients:

- 1 cup dried chokecherries (or other dried berries)
- 1 cup dried bison or venison, pounded into powder
- ½ cup melted tallow or bison fat

Instructions:

Mix the ground dried meat and berries. Stir in warm melted fat until it forms a sticky dough. Shape into small balls or bars.

→ Rich in nutrients and stored well for travel.

# Traditional Berry Wojapi (Native Berry Sauce)

Ingredients:

- 4 cups mixed wild berries (fresh or frozen — chokecherries, juneberries, blueberries, or raspberries)
- ½ to 1 cup water (depending on how juicy the berries are)
- 2–3 tablespoons maple syrup or honey (optional, to taste)
- 1 tablespoon cornstarch or ground wild rice flour (for thickening, optional)

Instructions:

Cook the berries:

In a pot, combine the berries and water. Bring to a boil over medium heat.

Mash gently:

As the berries soften, mash them with a wooden spoon or potato masher to release their juices.

Thicken (optional):

Mix the cornstarch or wild rice flour with a bit of cold water, then stir it into the berries. Simmer until the mixture thickens to a sauce-like consistency.

Sweeten naturally:

Stir in maple syrup or honey, if desired. Traditional wojapi was often unsweetened or lightly sweetened with natural sources.

*Origin: Lakota, Dakota, and other Plains tribes*

Origin: Widespread (Spring foraging dish)
Features: Bitter greens balanced with nutty cornmeal and herbs.
Ingredients:

- 2 cups dandelion greens (or kale/spinach mix)
- 1 small onion, sliced
- 1 tbsp cornmeal
- 1 tbsp oil or fat
- Salt and crushed red pepper (optional)

Directions:

1. Heat oil in skillet, sauté onion until soft.
2. Add greens and cornmeal; stir until wilted.
3. Season and serve warm with cornbread

# Wild Rice and Roasted Squash Salad

Modern Indigenous fusion
Ingredients:

- 1 lb ground bison or elk
- 1 cup cooked wild rice
- 1 egg
- 1 tbsp sage
- ½ tsp salt
- 1 tsp maple syrup

Directions:

- Mix all ingredients and form small balls.
- Bake at 375°F for 20 minutes or until cooked through.
- Serve with roasted squash or berry glaze.

# Dandelion and Wild Greens Sauté

*Origin: Ojibwe / Anishinaabe*
Features: Hand-harvested wild rice and roasted native squash.
Ingredients:

- 2 cups cooked wild rice
- 1 cup roasted winter squash cubes
- ½ cup dried cranberries
- ¼ cup sunflower seeds
- 2 tbsp maple syrup
- 2 tbsp apple cider vinegar
- 1 tbsp sunflower oil

Directions:

- Whisk oil, vinegar, and maple syrup for dressing.
- Toss wild rice, squash, cranberries, and seeds.
- Drizzle with dressing and chill before serving.

# Bison or Elk Meatballs with Wild Rice

# Bison Stew

Ingredients:

- 2 lbs bison meat, cubed
- 4 cups water or low-sodium broth
- 3 potatoes, diced
- 2 carrots, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup corn or hominy
- 1 tsp sage or thyme
- Salt and pepper to taste

Directions:

1. Brown bison meat in a large pot.
2. Add onion and garlic; sauté until fragrant.
3. Add water, potatoes, carrots, and seasonings.
4. Simmer for 1½ to 2 hours until tender.
5. Stir in corn or hominy before serving.

*Tribal origins: Plains Tribes (Lakota, Dakota, Cheyenne)*

# Three Sisters Stew

Features: Corn, beans, and squash — the "Three Sisters" — grown together for balanced nutrition and soil health.

Ingredients:

- 2 cups corn kernels (fresh, frozen, or roasted)
- 2 cups cubed squash (butternut or acorn)
- 1 can (15 oz) kidney or pinto beans, drained
- 1 small onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 tsp smoked paprika
- Salt and pepper to taste

Directions:

1. In a pot, sauté onion and garlic until soft.
2. Add squash and cook for 5 minutes.
3. Add beans, corn, broth, and seasonings.
4. Simmer 20–25 minutes, until squash is tender.
5. Serve with cornbread or wild rice.

*Origin: Haudenosaunee (Iroquois)*

(Simple healing beverage)
Ingredients:

- 2 tbsp dried berries (blueberry, chokecherry, or cranberry)
- 2 cups boiling water
- Optional: pinch of sage or mint leaves

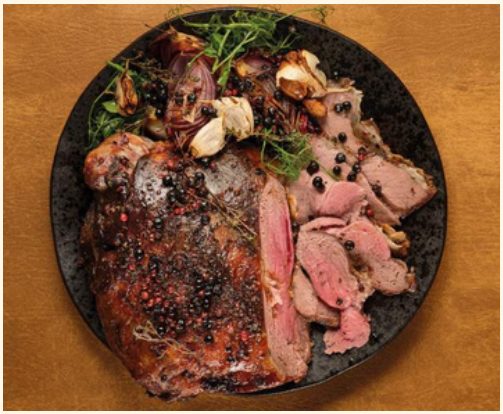
Instructions:

Steep berries (and herbs, if using) in hot water 10–15 minutes. Strain and serve warm.

→ Rich in antioxidants and lightly tart.

# Wild Berry Tea

# Venison Roast with Juniper and Sage



*Tribal origins: Great Lakes / Woodland Tribes*

Ingredients:

- 2–3 lb venison roast
- 1 tbsp juniper berries, crushed
- 1 tbsp sage leaves, crushed
- 2 tbsp sunflower oil
- 1 cup wild onion or shallot
- 1 cup water or broth
- Salt to taste

Directions:

1. Rub meat with juniper, sage, and oil.
2. Sear on all sides in a hot pan.
3. Add onions and a bit of water or broth.
4. Cover and roast at 325°F for 2–3 hours.
5. Serve with roasted root vegetables or wild rice.

# Cedar-Planked Salmon

*Tribal origins: Pacific Northwest (Coast Salish, Tlingit)*

Ingredients:

- 1 cedar plank, soaked in water for 2+ hours
- 2 lbs salmon fillet
- 2 tbsp maple syrup or honey
- 1 tbsp sea salt
- 1 tbsp crushed juniper or black pepper
- Lemon slices and fresh herbs

Directions:

1. Preheat grill to medium.
2. Place salmon on soaked cedar plank.
3. Brush with syrup or honey, season with salt and herbs.
4. Grill covered for 20–25 minutes until flaky.

# Roasted Root Vegetable Medley

*Origin: Plains & Great Lakes regions*
Features: Root vegetables like turnips, carrots, and parsnips — traditional winter staples.
Ingredients:

- 1 cup cubed turnips
- 1 cup cubed carrots
- 1 cup cubed parsnips or sweet potatoes
- 2 tbsp sunflower or corn oil
- 1 tbsp maple syrup
- Salt, pepper, and sage

Directions:

1. Preheat oven to 400°F (200°C).
2. Toss vegetables in oil, maple syrup, and seasonings.
3. Roast 30–40 minutes, stirring halfway through.
4. Serve warm, topped with toasted pumpkin seeds.

# Maple-Berry Wild Rice Salad (Great Lakes Region)

(Cold salad, modern-traditional fusion)
Ingredients:

- 2 cups cooked wild rice
- 1 cup mixed berries (blueberries, cranberries, or chokecherries)
- ¼ cup sunflower seeds or pine nuts
- 2 tbsp maple syrup
- 1 tbsp sunflower oil or olive oil
- Pinch of salt

Instructions:
Mix all ingredients. Chill before serving.
→ Nutty, earthy, and lightly sweet — celebrates Great Lakes flavors.

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